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**Introduced by Senator Correa**

February 19, 2010

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Senate Concurrent Resolution No. 77—Relative to Childhood Obesity Prevention and Fitness Week.

LEGISLATIVE COUNSEL'S DIGEST

SCR 77, as introduced, Correa. Childhood Obesity Prevention and Fitness Week.

This measure would proclaim the last full week in September in each year as Childhood Obesity Prevention and Fitness Week, and would express the Legislature's support of various programs that work to reduce obesity and increase exercise among children.

Fiscal committee: no.

1 WHEREAS, Childhood obesity is recognized as a national  
2 epidemic and can contribute to low self-esteem, poor body image,  
3 eating disorders, and depression; and

4 WHEREAS, Overweight children are at a greater risk of  
5 developing many health problems during childhood, including  
6 type 2 diabetes, high blood pressure, asthma, and orthopedic  
7 problems; and

8 WHEREAS, Overweight children are more likely to be obese  
9 as adults, putting them at a much higher risk for heart disease,  
10 cancer, stroke, and other disabilities later in life; and

11 WHEREAS, The rate of childhood obesity has tripled in children  
12 and adolescents 6 to 19 years of age over the last three decades;  
13 and

14 WHEREAS, In California, 30 percent of children 10 to 17 years  
15 of age are considered overweight or obese; and

1 WHEREAS, The highest rates of obesity are found in Hispanic,  
2 African American, and Native American children, with rates that  
3 are double those of Caucasian children; and

4 WHEREAS, Those that are overweight, obese, or physically  
5 inactive are estimated to cost California tens of billions of dollars  
6 for medical care, workers' compensation, and lost productivity;  
7 and

8 WHEREAS, Many factors contribute to childhood obesity,  
9 including cultural barriers, urban safety, proximity to fast food,  
10 and the cost or lack of access to healthier alternatives; and

11 WHEREAS, Studies have shown that healthy eating habits and  
12 exercise can improve a child's ability to learn, self-esteem, and  
13 overall health; and

14 WHEREAS, Current recommendations state that children should  
15 strive for at least 30 minutes daily of moderate intensity physical  
16 activity; now, therefore, be it

17 *Resolved by the Senate of the State of California, the Assembly*  
18 *thereof concurring*, That the Legislature proclaims the last full  
19 week in September in each year as Childhood Obesity Prevention  
20 and Fitness Week in California; and be it further

21 *Resolved*, That the Legislature supports programs that work to  
22 increase exercise among children, work to educate children about  
23 healthy eating habits, and work to remove barriers that contribute  
24 to sedentary lifestyles and unhealthy eating habits; and be it further

25 *Resolved*, That the Secretary of the Senate transmit copies to  
26 the author for appropriate distribution.